In the specification:

Kindly amend the specification as follows:

Page 3, clause added in the amendment of 11/1/2010, to page 3 above lines 1-8 which describes and defines the expanded mesh:

"The dissipating element could be expanded mesh made out of metal, non-metal, natural fibres, other natural and non-natural materials. To illustrate, expanded metal mesh is achieved when a continuous single sheet of metal, a flat metal plate, is cut and stretched resulting in apertures (openings)—while left connected at specific points, the so-called 'knuckles'. The same applies to meshes made out of other non-metal materials. Expanded meshes can be of a variety of thicknesses with differing sizes and designs of the apertures. The strands and knuckles are set at a uniform angle to the plane of the sheet, which results in added strength and provides a level of rigidity to the mesh, while distributing the load to the surrounding structures with which the mesh is combined, namely the surrounding inner plies in the laminate designed according to the present invention.

A dissipating element could also be a woven mesh (plain, twill or satin weave). "